

SIMPLIFY.

Living An Uncluttered Life.

SPEED • Matt Boda • August 3 & 4, 2013

Additional Resources:

This past weekend, our topic was "Speed." Why not spend some additional time in Exodus 20:8-11 and Hebrews 4:1-11 to look at how Scripture deals with this issue of speed, sabbath, rest and margin in our lives? As well, you might want to check out one or two of the following resources at your favourite on-line bookstore.

1. On the topic of finding our rest in God:

- *The Call: Finding and Fulfilling the Central Purpose of Your Life* - Os Guinness
- *Practicing the Presence of God* - Brother Lawrence (Available free of charge in a variety of formats at <http://www.ccel.org/ccel/lawrence/practice>)
- *The Rest of God* - Mark Buchanan

2. On the topic of engaging in a weekly sabbath:

- *Sabbath Keeping: Finding Freedom in the Rhythms of Rest* - Lynne Baab
- *Sacred Rhythms: Arranging our Lives for Spiritual Transformation* - Ruth Haley Barton
- *Keeping the Sabbath Wholly: Ceasing, Resting, Embracing, Feasting* - Marva Dawn
- *Sabbath: Finding Rest, Renewal and Delight in our Busy Lives* - Wayne Muller
- *A Life of Being, Having and Doing Enough* - Wayne Muller
- *Mudhouse Sabbath: An Invitation to a Life of Spiritual Discipline* - Lauren Winner

3. On the topic of slowing down and creating margin and balance in life:

- *The Life You've Always Wanted* - John Ortberg (focus on chapter 5, *The Unhurried Life*)
- *Margin: Restoring Emotional, Physical, Financial and Time Reserves to Overloaded Lives* - Richard Swenson
- *In Search of Balance: Keys to a Stable Life* - Richard Swenson

